

C ALPHA-SPINASTEROL

Chemid

ALPHASPINASTEROL

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|----------|---------|----------|--------|--|
| Acacia farnesiana | Seed | -- | -- | | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Acacia farnesiana | Plant | -- | -- | | Pakistan Encyclopedia Planta Medica. 1986. |
| Aesculus hippocastanum | Seed | -- | -- | | Jim Duke's personal files. |
| Aesculus hippocastanum | Bark | -- | -- | | Jim Duke's personal files. |
| Amaranthus spinosus | Leaf | -- | -- | | Wealth of India. |
| Bupleurum chinense | Root | -- | -- | | -- |
| Camellia japonica | Seed | -- | -- | | Wealth of India. |
| Camellia sinensis | Leaf | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Citrullus colocynthis | Fruit | -- | -- | | -- |
| Citrullus lanatus | Seed Oil | -- | -- | | -- |
| Cucumis melo | Stem | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------------|----------------|-----------------|---------------|--|
| Cucumis sativus | Leaf | -- | -- | -- | |
| Cucurbita pepo | Flower | -- | -- | -- | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Cucurbita pepo | Seed | -- | -- | -- | |
| Luffa aegyptiaca | Plant | -- | -- | -- | |
| Medicago sativa | Plant | -- | -- | -- | |
| Medicago sativa | Fruit | 37 | 37 | -- | |
| Menyanthes trifoliata | Root | -- | -- | -- | |
| Momordica charantia | Fruit | -- | -- | -- | Jim Duke's personal files. |
| Nigella sativa | Seed | -- | -- | -- | |
| Nigella sativa | Seed Oil | -- | -- | -- | |
| Ononis spinosa | Root | -- | 180 | -- | Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin. |
| Phytolacca americana | Fruit | -- | -- | -- | |
| Platycodon grandiflorum | Root | -- | -- | -- | |
| Polygala senega | Root | -- | -- | -- | |
| Prunella vulgaris | Plant | -- | -- | -- | |
| Spinacia oleracea | Leaf | -- | -- | -- | |
| Trichosanthes kirilowii | Seed | -- | -- | -- | |
| Verbascum thapsus | Fruit | -- | -- | -- | |

| Plant | Part | Low | High | StdDev | Reference |
|------------------|-------------|------------|-------------|---------------|--|
| | | PPM | PPM | | |
| Vernonia cinerea | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
